

EMDR Solutions II

*for Depression, Eating Disorders,
Performance, and More*



ROBIN SHAPIRO, Editor

Emdr Solutions 2

Jamie Marich



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EMDR Solutions II Robin Shapiro, 2009-02-24 A clear and comprehensive guide to using EMDR in clinical practice This edited collection a follow up to Shapiro s successful EMDR Solutions presents step by step instructions for implementing EMDR approaches to treat a range of issues written by leading EMDR practitioners The how to approach mixed with ample clinical wisdom will help clinicians excel when using EMDR to treat their clients The units include A comprehensive compendium of EMDR interventions for Depression it begins with Robin Shapiro s Assessment Trauma Based and Endogenous Depression chapters continues with Jim Knipe s Shame Based Depression chapter and ends with Shapiro s Attachment Based chapter The eight chapters of the Eating Disorder unit cover all the bases From etiology to neurology through Preparation phases and treatment strategies you ll learn how to work with Bulimia Anorexia Body Dysmorphia Binge Eating Disorder disorders of Desire and more Andrew Seubert is the ring leader The other writers are Janie Scholom Linda Cooke Celia Grand DaLene Forester Janet McGee Catherine Lidov and Judy Lightstone Performance Coaching and Positive Psychology unit emphasizes strengths skills focus and whatever gets in the way of reaching the goal David Grand shares his foundational 15 Strategies for Performance enhancement Ann Marie McKelvey integrates EMDR with Coaching and Positive Psychology The Complex Trauma unit includes Katie O Shea s useful and user friendly Preparation Methods and Early Trauma Protocol Sandra Paulsen and Ulrich Lanius s brilliant collaboration Integrating EMDR with Somatic and Ego State Interventions Liz Massiah s hair raising Intrusive Images chapter and Shapiro s treatment strategies for OCPD Robin Shapiro gives an overview of Medically Based Trauma and her strategies for successful treatment of Multiple Chemical Sensitivities Katherine Davis shows us how Post Partum Depression is often treatable Post Partum PTSD Ronald Ricci and Cheryl Clayton tell us how to use EMDR in our work with Sex Offenders and their complete therapeutic milieu Martha S Jacobi develops our third ear for using EMDR with Religious and Spiritually Attuned clients Contributors include Cheryl Clayton LCSW Linda J Cooke LCSW BCD DaLene Forester PhD LMFT David Grand PhD The Reverend Martha S Jacobi M Div LCSW Jim Knipe PhD Dr Ulrich Lanius Catherine Lidov MSW LCSW Judy Lightstone PhD MA MS Elizabeth Massiah MSW RSW Reg Psychologist Janet McGee LCSW Ann Marie McKelvey LPCC PCC Katie O Shea MS LMHC Sandra Paulsen PhD Ronald J Ricci PhD Janie Scholom BSN LCSW Andrew Seubert LPC NCC

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EMDR Solutions I and II COMPLETE SET Robin Shapiro,Celia Grand,2017-05-30 Robin Shapiro s successful EMDR Solutions and EMDR Solutions II now available in a two book set In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to you fund of knowledge and broaden your practice Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or client population these practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations will be add crucial skills and knowledge to your EMDR toolbox The sequel EMDR Solutions II presents step by step instructions for implementing EMDR approaches to treat a range of issues written by leading EMDR practitioners Its how to approach mixed with ample clinical wisdom will help clinicians excel when using EMDR to treat their clients Together these two books form a comprehensive guide to understanding and implementing EMDR solutions in clinical practice EMDR Solutions Robin Shapiro,2018-11-23 Practical therapeutic strategies and clinical insights from EMDR

practitioners who serve diverse clinical populations In EMDR Solutions you will find fifteen exemplary EMDR solutions each of which develops the Standard Protocol in creative and highly effective ways These solutions move EMDR forward and expand the application of this powerful therapeutic approach In this source book of therapeutic strategy and clinical insight each chapter presents step by step instructions for implementing a particular EMDR solution with clients Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol Concrete and specific the clinical work illustrated here will add to you fund of knowledge and broaden your practice Robin Shapiro has gathered a stellar group of EMDR practitioners Each of the contributors offers key therapeutic insights in an easy to digest form Maureen Kitchur presents her Strategic Developmental Model a meta model for EMDR practice that encompasses all phases of the Standard Protocol Ericksonian utilization language and attachment enhancing practices Kitchur s model gives a clear order for EMDR processing and a way to process wordless or implicit experience Roy Kiessling offers his Resource Development strategies Easy to learn and very helpful for clients who are disorganized or in crisis Kiessling s methods turn resources into cognitive interweaves and ego states into resources Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatment from history taking through processing to It s gone A J Popky turns the Subjective Units of Distress scale SUDS on its head by targeting inappropriate positive affect Popky also shares his DeTUR protocol with its Level of Urge to Use LOUU for the treatment of addictions and compulsive behavior Jim Knipe builds on Popky s work with the SUDS and presents techniques for clearing love sickness procrastination avoidance and codependence using the Level of Urge to Avoid LOUA Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders Twombly s applies techniques derived from hypnosis and ego state work while Lanius shows how to use opiate inhibiting medication to allow EMDR to work with dissociated clients Robin Shapiro addresses the Two Hand Interweave a simple but widely applicable exercise of discernment Shapiro also contributes chapters on using EMDR with anxiety disorders in differentiation based couple s therapy and with generational and cultural introjects Elizabeth Turner engages children with art therapy play therapy and story telling in all phases of EMDR Her chapter is the delightful cherry on top of this informative easy to use book Additional chapters by Carole Lovell Andrew Seubert Jim Cole and Susan Schulherr address EMDR with dialectical behavior therapy DBT with borderline clients working with mentally retarded clients a reenactment tool from guided imagery and the binge starve cycle of eating disorders Whether you read EMDR Solutions cover to cover or peruse one chapter that speaks to a particular technique or client population you will be adding crucial skills and knowledge to your EMDR toolbox

EMDR Toolbox, Second Edition James Knipe, 2018-09-28 Praise for the first Edition Reading this book has given me a whole host of new ideas about working with complex and dissociative clients Clear and engaging peppered with relevant case histories this book would make an important addition to anyone s EMDR related book collection Dr Robin Logie EMDR UK Ireland A

brilliant and accessible book The information in this book will revolutionize EMDR treatment with complex trauma dissociated clients Carol Forgash LCSW BCD This book is a jewel for EMDR clinicians It is also recommended for any professional interested in the treatment of complex disorders Jim Knipe is a highly gifted professional and this is the result of many years of experience and practice Dolores Mosquera MS Amazon Review This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR based Tools useful strategies for helping difficult to treat clients with complex emotional problems The second edition reflects the author's ongoing efforts to design treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing model It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories It also describes how to integrate specific EMDR related interventions with other psychotherapeutic treatments Each intervention is examined in detail with accompanying transcripts client drawings and case studies illustrating the nuances and variations in intervention application Bolstered by supporting theory and current research the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR's Adaptive Information Processing AIP language New to the Second Edition Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems Includes two completely new chapters Internal Healing Dialogue and Case Example treating the problem of attachment to the perpetrator Provides new case examples on childhood sexual abuse Offers new sections on treating chronic defensive shame the importance of fast vs slow thinking processes and new applications of Loving Eyes procedures Includes ebook with the purchase of print version Key Features Written by an EMDRIA designated Master Clinician Delivers successful treatments alternatives for difficult to treat clients Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD Includes specific AIP tools verbatim therapy scripts client drawings and case studies Discusses each intervention in detail illustrating the nuances and variation in different applications

Eye Movement Desensitization and Reprocessing

(EMDR)Therapy Scripted Protocols and Summary Sheets Marilyn Luber,2015-08-19 EMDR Therapy is a psychotherapy approach based on standard procedures and protocols This is an important resource that focuses on applying EMDR therapy to anxiety obsessive compulsive and mood related disorders using EMDR Therapy's standard procedures and protocols as its template Edited by a leading EMDR scholar and practitioner it delivers step by step protocols that enable beginning practitioners as well as seasoned EMDR clinicians trainers and consultants to enhance their expertise more quickly when treating clients or groups of clients with these conditions These chapters reflect the expertise of EMDR clinicians treating anxiety disorders including specific phobia panic disorder and generalized anxiety disorder obsessive compulsive disorders

including body dysmorphic disorder olfactory reference syndrome and hoarding behaviors and mood disorders including bipolar disorder major depression and postpartum depression For each topic authors include relevant questions for history taking helpful resources and explanations frequently used negative and positive cognitions and information on case conceptualization and treatment planning Comprised of past present and future templates the scripts are conveniently presented in an easy to use manual style format that facilitates a reliable consistent procedure Summary sheets for each protocol support quick retrieval of essential issues and components for the clinician while putting together a treatment plan for the client These scripted protocols and completed summary sheets can be inserted right into a client's chart for easy documentation Scripts and summary sheets are available also in an expandable downloadable format for easy digital access for each protocol to simplify the gathering of information and to document it in clients charts in a consistent format This facilitates quick retrieval of the essential issues and components needed by clinicians to create appropriate treatment plans and easy access to client information

EMDR Made Simple Jamie Marich, 2011 Eye Movement Desensitization and Reprocessing EMDR has established itself as an evidence based psychotherapy for the treatment of trauma and other related mental health disorders Despite the numerous studies touting EMDR's efficacy it is still largely regarded as too complicated to understand a major factor in why many who have been trained in EMDR no longer use it EMDR Made Simple 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding conceptualizing and ultimately implementing EMDR into clinical settings

Integrating Relational Psychoanalysis and EMDR Hemda Arad, 2017-09-22 Integrating Relational Psychoanalysis and EMDR Embodied Experience and Clinical Practice provides contemporary theoretical and clinical links between Relational Psychoanalysis attachment theory neuroscience and Eye Movement Desensitization and Reprocessing all of which bring both the patient's and analyst's embodied experience into the forefront of clinical thinking and practice The author grounds an in depth view on the ways psychoanalysis and EMDR can be effectively integrated to complement each other through a presentation of fundamental concepts and an abundance of insightful and moving clinical vignettes Hemda Arad outlines the theoretical and clinical concepts that allow the integration of Relational Psychoanalysis with EMDR's unique contributions specifically appreciating the neurological and embodied experience in an individual's development in relation to the classic talking cure's approach to dealing with big T trauma and with small t everyday attachment related trauma Arad describes a view of a modified EMDR approach capable of reaching many patients beyond the trauma work for which it originally became known in order to lend its more embodied approach to the advancement of the relational endeavor Vivid clinical illustrations chosen to elucidate theoretical concepts make the complex theoretical ideas more accessible The clinical portions illustrate a range of ways that EMDR and relational work which may at first seem incompatible may be integrated to help therapists navigate the two methods Integrating Relational Psychoanalysis and EMDR Embodied Experience and Clinical Practice will appeal to psychoanalysts psychoanalytic

psychotherapists and psychodynamic therapists who wish to learn about the relational tradition in theory and practice or are seeking a way to integrate their work with other versatile approaches such as EMDR as well as advanced students studying across these areas and EMDR clinicians who would like to broaden the scope of their skills **Trauma-Informed**

Approaches to Eating Disorders Andrew Seubert, Pam Viridi, 2024-03-27 The most comprehensive and practical book examining the relationship between trauma dissociation and eating disorders This hands on clinical guide delivers a trauma informed phase model that promotes effective treatment for individuals with all forms of eating disorders The second edition includes the addition of new chapters addressing the impact of a variety of contemporary issues such as racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders as well as the treatment of eating disorders and trauma on children and teens Case studies are also included throughout the text to illustrate these issues among all types of clients with eating disorders Underscoring its effectiveness the book describes in depth a four phase treatment model encompassing team coordination case formulation and a trauma informed dissociation and attachment sensitive approach to treating eating disorders Authored and edited by noted specialists in eating and other behavioral health disorders the text examines these maladies from neurological medical nutritional and psychological perspectives Dedicated chapters address each treatment phase from a variety of orientations ranging from Eye Movement Desensitization and Reprocessing EMDR and Cognitive Behavioral Therapy CBT to body centered and creative therapies Recognizing the potential pitfalls and traps of treatment and recovery it also includes abundant psychoeducational tools for the client New to the Second Edition Delivers updated content throughout the text and new chapters addressing the impact of racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders Presents an EMDR ED protocol as an innovative approach for treating eating disorders New chapter on the presence and treatment of eating disorders and trauma among children and teens Key Features Provides an understanding of eating disorders from neurological medical nutritional and psychological perspectives Maps out a proven trauma informed four phase model for approaching trauma treatment in general and eating disorders specifically Illuminates the approach from the perspectives of EMDR therapy ego state therapy somatosensory therapy trauma focused CBT and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 25 international researchers medical professionals and clinicians Using Spirituality in EMDR Therapy Alexandra Dent, 2025-03-10 Using Spirituality in EMDR Therapy offers a means for EMDR therapists to integrate a spiritual perspective into their own lives as well as their clinical practice The book offers a valuable alternative to traditional forms of psychotherapy by placing an emphasis on purpose and meaning Taking a spiritually informed model Heart Led Psychotherapy HLP which is applicable to anyone regardless of their spiritual beliefs the book uses a BioPsychoSocioSpiritual approach to treat psychological distress The book provides a comprehensive guide on how to incorporate spirituality into each of the 8 phases of EMDR therapy and beyond It will increase your confidence to work

spiritually with clients to deepen their transformative healing process and support them to live a more authentic heart led life
Illustrated with case studies to highlight key points and including a range of practical resources exercises scripts and
strategies this engaging book will be of great interest to EMDR therapists

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Emdr Solutions 2 Introduction

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